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## I claim:

. A fiber optic cable, comprising:

an outer layer;

at least one optical fiber disposed inside said outer layer; and

a gel-swellable portion and water resistant gel positioned adjacent to each other and disposed between said outer layer and said optical fiber;

wherein said gel-swellable portion absorbs at least some of said gel.

- The fiber optic cable according to claim 1, wherein said gel-swellable portion is a continuous layer surrounding said at least one optical fiber.
- The fiber optic cable according to claim 2, wherein said continuous layer has an uneven thickness.
- The fiber optic cable according to claim 1, wherein said at least one gel swellable portion has a smooth surface.
- The fiber optic cable according to claim 1, wherein said at least one gelswellable portion is adhered to an outer surface of said at least one optical fiber.
- The fiber optic cable according to claim 1, wherein said at least one gelswellable portion is adhered to an inner surface of said outer layer.

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- 7. The fiber optic cable according to claim 1, wherein said at least one gelswellable portion extends longitudinally along the length of said at least at least one optical fiber.
- The fiber optic cable according to claim 1, wherein said at least one gel-8. swellable portion has an uneven thickness.
  - 9. The fiber optic cable according to claim 1, wherein said gel-swellable portion has a density less than 0.90 g/cc.
  - 10. The fiber optic cable according to claim 1, wherein said gel-swellable portion is one of a copolymer or terpolymer of polyethelene.
  - 11. The fiber optic cable according to claim 1, wherein said gel-swellable portion swells more than 10% at 85°C.
  - The fiber optic cable according to claim 1, wherein said gel is a polyolefin oil 12. based gel.
- 20 The fiber optic cable according to claim 1, wherein said gel-swellable portion 13. is a polyolefin swellable material.

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- The fiber optic cable according to claim 1, wherein said gel-swellable portion is softer than said outer layer.
  - 15. A fiber optic cable, comprising:

an outer layer;

at least one optical fiber ribbon disposed inside said outer layer; and

a gel-swellable layer and a water resistant gel positioned adjacent to each other and disposed between said outer layer and said ribbon;

wherein said gel swellable layer absorbs at least some of a said gel.

- 16. The fiber optic cable according to claim 15, wherein said gel-swellable portion is a continuous layer surrounding said at least one ribbon.
- The fiber optic cable according to claim 16, wherein said continuous layer has an uneven thickness.
- 18. The fiber optic cable according to claim 15, wherein said at least one gel swellable portion has a smooth surface.
- 19. The fiber optic cable according to claim 15, wherein said at least one gelswellable portion is secured to an outer surface of said at least one ribbon.

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- 20. The fiber optic cable according to claim 15, wherein said at least one gelswellable portion is secured to an inner surface of said outer layer.
- 21. The fiber optic cable according to claim 15, wherein said at least one gel-5 swellable portion extends longitudinally along the length of said at least one ribbon.
  - 22. The fiber optic cable according to claim 15, wherein said at least one gelswellable portion has an uneven thickness.
  - 23. The fiber optic cable according to claim 15, wherein said gel-swellable layer has a density less than 0.90 g/cc.
  - 24. The fiber optic cable according to claim 15, wherein said gel-swellable layer is one of a copolymer or terpolymer of polyethelene.
  - The fiber optic cable according to claim 1, wherein said gel-swellable layer 25. swells more than 10% at 85°C.
  - 26. The fiber optic cable according to claim 15, wherein said gel is a polyolefin oil based gel.
    - 27. The fiber optic cable according to claim 15, wherein said gel-swellable layer is a polyolefin swellable material.

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28. The fiber optic cable according to claim 15, wherein said gel-swellable portion

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29. A fiber optic cable, comprising:

an outer layer, having at least one gel-swellable portion adhered to an inside surface of said outer layer;

at least one optical fiber; and

is softer than said outer layer.

a water resistant gel disposed between said at least one optical fiber and said outer layer;

wherein said gel-swellable portion absorbs at least some of said gel.

- 30. The fiber optic cable according to claim 29, wherein said gel-swellable portion is a continuous layer on said inner surface of said outer layer.
- The fiber optic cable according to claim 30, wherein said continuous layer has an uneven thickness.
- The fiber optic cable according to claim 29, wherein said at least one gelswellable portion has a smooth surface.
- 33. The fiber optic cable according to claim 29, further comprising at least one other gel-swellable portion adhered to an outer surface of said at least one optical fiber.

- 34. The fiber optic cable according to claim 29, wherein said at least one gelswellable portion extends longitudinally along the length of said outer layer.
- 35. The fiber optic cable according to claim 29, wherein said at least one gelswellable portion has an uneven thickness.
- 36. The fiber optic cable according to claim 29, wherein said gel-swellable portion has a density less than 0.90 g/cc.
- 37. The fiber optic cable according to claim 29, wherein said gel-swellable portion is one of a copolymer or terpolymer of polyethelene.
- 38. The fiber optic cable according to claim 29, wherein said gel-swellable portion swells more than 10% at 85°C.
- 39. The fiber optic cable according to claim 29, wherein said gel is a polyolefin oil based gel.
- 20 The fiber optic cable according to claim 29, wherein said gel-swellable portion 40. is a polyolefin swellable material.

41. The fiber optic cable according to claim 29, wherein said gel-swellable portion is softer than said outer layer.